

LIFE UNBOXED

Module 2 : Tuning In

Mike and Megan Knorpp



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“At the center of your being you have the answer; you know who you are and you know what you want.”

-Lao Tzu

In today’s lesson we discussed opening up your heart and your mind and tuning in to the frequency where you will be open to new ideas and in a space where you are creating success. Match the “closed” term or phrase with its opposite “open” term.

Stuck	Inspired
Lost	Open to new ideas
Afraid	Peaceful
Doubtful	In the flow
Closeminded	Optimistic
Unrealistic	Confident
Worried	On the right track

There are people, places, and situations that either amplify the open, inspired parts of us or they diminish our hope and leave us feeling drained and uninspired. Identify both diminishing and amplifying circumstances and make an effort to focus on increasing amplifying activities.

I am diminished by:

I am amplified by:

_____	_____
_____	_____
_____	_____
_____	_____

Unfortunately, sometimes we have an inner dialogue of thoughts that keep us feeling closed to the frequency of success. Think of some of your limiting thoughts and answer them with positive, open statements.

Closed thought: _____

My answer: _____

Closed thought: _____

My answer: _____

Closed thought: _____

My answer: _____

Closed thought: _____

My answer: _____

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Additional Notes
